

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

11/16/2023

THE FLIPTURN

by Coach Colby, this Months' Editor-in-Chief



This season is continuing to be a blast as a coach. Watching the growth of this team has been absolutely amazing. From watching 40 plus kids Platinum and Gold practices that include singing and music, Silver and Bronze swimmers with absolutely electric energy and blossoming friendships, Blue and Precomp groups growing amazing skills that I can't wait to see their futures. All of these groups coming together for meets and having 80+ at C/B/A+ meets. There was a time when we only had 80 swimmers on the team. Parents absolutely dedicating time to make sure their kids make it to all of the practices and meets and even planning extracurricular activities on top of everything else in their lives.



Bronze swimmers cheering louder than I have ever heard and Blue group swimmers coming up with fun new cheers to keep each other motivated. A captain with drive, focus and all the leadership qualities a team could ask for. Coaches that are clearly excited to see their swimmers working hard and screaming at the top of their lungs to keep the energy up in practice. The leadership from the top down has been absolutely amazing and I can't wait to see where all this leadership takes the team in the future. Keep up the great work. You got this!

With all the excitement of this season it has been awesome to see all of the leaders developing on the team. This season I have seen Platinum swimmers talking to injured Gold swimmers and giving them tips to help as well as giving groupmates much needed boosts to keep each other focused. Gold swimmers cheering on Silver swimmers to join Gold and telling each other they can make the next interval. Silver swimmers asking to swim with Bronze and Gold to make more friends.



"A genuine leader is not a searcher for consensus but a molder of consensus."

- Martin Luther King Jr.

November Birthdays

William Taylor Jr

Lola Wold Bacigalupo

Peter Pitta

Zayd Mahmood

Rabia Mahmood

Russell Pan

Alice Sinclair

Hannah Barkin

Kiran Gandhi

Micah Schindel

Zayna Majid

Adeline Joo

Coach Adrien



Zach's Attack

By *Coach Zach*

I have had a great time watching and talking to all of you at the meets! I wanted to write about how to get results and how we can work outside the pool as well as inside the pool to do better at meets. The night before try to have a relatively relaxing evening with a healthy dinner, and obviously the night before a meet you all should be going to bed early. So don't stay up watching videos or playing video games! The morning of the meet again start with a light and healthy breakfast and try not to wake up and go RIGHT before you need to leave your house. This will let you prepare mentally ready for the meet and especially warm up. Once you get to the pool try and get situated with a parka and/or towels and anything else you need to stay comfortable and warm at the pool while waiting.

During warm up our group coaches have designed sets for each group that allow you all to focus on technique points needed for your skill level. Keeping that in mind you



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should try and focus on the purpose of each portion of the set and not being fast (unnecessarily). We understand this time can be chaotic so that's why you need to not only work with your teammates but the other swimmers in the pool to try and make the chaos flow well. If you're given enough peace/space during warm up you need to take advantage. Kick set? More effort or a better streamline. Drill? Slow down and think technique. Fast/race/pace? Send it, you have the space. Being present for your warmups will help during dives too. When working on dives be intentional, cater the dives to your events. If you have an IM race that day don't only do freestyle off of the dives, and if you're swimming backstroke make sure you get a comfortable in-water start. As always ask a coach to do more if you don't feel confident.

After warm up make sure you know the actual heat and lane assignments for your events, meet mobile can be wrong. Then make sure you are prepared to be at your events and ready to swim. Goggles, cap, suit, everything NEEDS to be ready well before your event. If your coach wants you to check in make sure to do that in advance too. The next step is to wait.

While waiting for events be social and have fun but keep it low effort and the conversations lighthearted. I always liked to try and get a little schoolwork done if possible. Talk with teammates, read a book, and of course you can look at your phone but there is a better option 95% of the time. All that being said remember why you are at the meet, keep track of the events. Sometimes the wait at swim meets can be long and if you miss your event you have just wasted a potential opportunity to see how you have improved and waited for nothing.

You have plenty of opportunities to improve while in the pool, but setting yourself up for success outside the pool for a meet will also help you make your goal time. If you train smart and hard for the first 10+ weeks of the season but make a bad decision the night before or on meet day you may have just lost an opportunity. Staying up late playing video games the night before or burning a lot of energy while waiting for your event can cost you a qualifying time. Learning how to come to a meet physically and mentally prepared takes practice, don't start creating good habits at a championship do it before.

“The secret of success of every [successful person]... lies in the fact that [they] formed the habit of doing things that failures don't like to do.”

- Albert Gray



THIS MONTH'S TOP STORIES

Blue Group

By **Coach Adrien**

We had two meets this month. I see your times improving, and I see your confidence at meets improving as well. Keep it up, and keep trying new races. When you swim a new race in a meet, you're proving to yourself that you can do it, and you're setting a target to improve on for next time. You'll have motivation to focus on your technique during practice. Remember, you can't control how fast anyone else swims. All you can do is race against yourself, and use the result to improve! The person who has the best meet is the person who learns the most and grows from it. In the long run, that person becomes the best swimmer.

There are too many great swims from the past few weeks to list here. For me, some highlights were Kaito C dropping over 10 seconds in his 100 free. He's been working harder than anyone on his turns, and he earned the result. Now we're working a lot on flip turns, and he's doing a great job with that too. Everyone should work on their flips like Kaito, and you will drop time the same way. Hailey G, Gigi S, and Eliza C had outstanding 50 frees last weekend to finish the meet on a high note last Saturday- Hailey dropped 6 seconds in just two weeks, which was amazing. In Albany, Aine B swam not one, but three different strokes in her first meet. Not only did she swim well in all three, she cheered a lot for her teammates and helped them swim better, too. Vera W, Victor S, Anika G, and Izzy L all swam a great 100 IM in a meet. Congratulations to them! IM is the ultimate swim race: I'd like to see more of you try it-that's why we're doing so much IM in practice.

Speaking of practice: you're doing a good job in the water. Your streamlines are improving. You're kicking fast, racing hard, and paying attention to your turns and finishes, especially on backstroke and breaststroke. However, you are not doing such a good job being ready for practice: that is something you can improve on. 5 minutes before practice starts, you should get your cap and goggles on, and get your fins and kickboard ready. Every day that we're **all** ready, I'll give you a chance to earn game time at the end. If we're goofing off and wasting time, though, we won't get that chance. Another good reason to be early is to hang out with your teammates, like the time we had some fun with the Halloween decorations at ECCL:



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From left: Vivian, Eliza, Ella, Aine, Freddie, Nora, Anika, Thada, and Beckett.

No matter what, every day, we're going to learn something, have fun, and work hard. Next week, we'll be off for a few days to celebrate Thanksgiving. I'm thankful for all of you in Blue group for making every day so fun and exciting. I hope you enjoy a well-earned break with your family!

“What’s the biggest room in the world? The room for improvement.”

- Anonymous



Bronze Group

By **Coach Zoe**

We've had quite a month of competition, test sets, and some stellar practices! You all had stellar swims at the AAA and the PST/Hills meet. Every single swimmer in attendance got personal best times at one or both meets! Check out your progress towards reaching the [IMR challenge](#):

IMR 9-10 age group (by the end of the season)					
Swimmer	50 FL	50 BK	50 BR	100 FR	100 IM
Noah			✓		✓
Rapha	✓	✓	✓	✓	
Jonathan					
Kaden		✓		✓	



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Ayla		✓	✓	✓	✓
Kiran			✓	✓	
Ryker	✓	✓	✓	✓	✓
Luke		✓		✓	
Blake		✓	✓		✓
Maia		✓	✓		
Micah	✓	✓	✓	✓	✓
Eva			✓	✓	
Grace					✓
Khai	✓		✓		✓
Eli			✓	✓	✓
Adeline		✓	✓		✓
IMR 11-12 age group (by the end of the season)					
Swimmer	50 FL	50 BK	50 BR	200 FR	100 IM
Rapha	✓	✓	✓		
Ari					
Anika					✓
Justin					
Alex					
Taiden					
Scarlett					
Elodie	✓	✓	✓		
Liliane			✓		
Addy	✓	✓			✓
Marco		✓			
Matthew		✓			
Madison			✓		
Andre		✓	✓		
Kian	✓	✓	✓	✓	✓
Ketan					
Ellora		✓			
Anna		✓		✓	✓
Adam			✓		
Zac		✓	✓		✓
Samantha					
Savva	✓	✓	✓		✓

Congratulations to **Ryker**, **Micah**, and **Kian** for completing their IMR Challenge!!!



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For those of you who have not completed the IMR challenge, here are a few tips to help:

1. If you swam the event and DQ'd, continue to pay close attention to the stroke rules and coach feedback for those strokes
2. Become a part of signing yourself up for swim meets so you try all the events!
3. Ask your coach for more feedback or information about your stroke and the event you are trying to achieve!

I look forward to seeing many more great swims in the upcoming [SRVA meet](#). Remember, the person who wins in practice is the person who focuses on the set goal, not the first person to the wall. Stay focused on form and race from there!

“There is no elevator to success, you have to take the stairs”

- Zig Ziglar



Silver Group

By **Coach Colby**



We had a lot of excitement and challenges this month. Silver had a few swimmers working towards their Age Group Champs times and unfortunately none of them made it just yet. This is where we really start to see what kind of swimmer you are. Are you going to rise to the next challenge? Are you going to continue and evolve the hard work? Are you going to do even more than before to make sure you get the next goal time you want? Now is the time to step up and rise to the challenge.

That being said, the Silver group continues to impress me at meets. The Veterans day meet didn't have as much time dropped as the previous two meets but we still had some stars shine. Zach Waitkus had a fantastic 100 IM dropping 7.29 seconds and upgraded his B time in the 50 Fly to a BB time with a 38.66. Ruby Mouat had a ton of time improvement. She dropped 21.81 seconds in the 200 IM, 8.6 in the 50 back, 1.2 in the 50 fly, 5.05 in the 50 breast and 8.1 in the 50 free. She also took that energy to her fellow teammates by cheering for her group mates and even some of the younger swimmers. Alex Wolff had a great breakout meet as well. We worked on his butterfly symmetry and that lead to a fantastic 200 IM. He also dropped 9.84 seconds in his 100 back and 4.04 seconds in his 100 free. What really impresses me at the meets are the connections swimmers are making. The friendships are really obvious. You see a lot of silver swimmers cheering each other on, painting faces with colored sunscreen to match,



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and endlessly conversing about how they did during the day. I am super impressed with this group! Keep up the good work and continue to grow your swimming.

“Enthusiasm is common. Endurance is rare.”

- Angela Duckworth



Gold Group

By **Coach Rob**

It is hard to believe we are 13 weeks into the season! The improvements coming out of the Gold Group are simply fantastic. All of you are really taking your training to heart, and focusing on doing everything you can to improve. One of the intangibles I've noticed is the attitude! Every swimmer comes to practice expecting and ready to work hard (the occasional morning practice notwithstanding LOL). I've heard swimmers encouraging their friends and helping them get better. As a coach, this makes me very very happy!

Attendance is a huge part of the equation. Most of our swimmers fall into the 60-79% range, but there are a few of you who are lower than that. You risk getting further and further behind. If you can add just one more workout a week it would make a huge difference.

A nice shout out to our two swimmers in the 80-89% range! Camille Hauser and Kate Rebro are neck and neck for the top spot. Camille is at 87% and Kate is at 88%! Way to go Ladies!!!

This weeks tip is about getting off the wall (or starting blocks). One of the good things that most of you are doing is trying to increase the number of kicks off the wall in Butterfly, Backstroke and Freestyle. In Breaststroke the focus is on a long underwater sequence.

Another focus is...How long do you hold your streamline **before** starting your underwater sequences? Everyone should be striving to get **at least two full body lengths off the wall before you start your underwater sequence**. Sometimes it is hard to know exactly where two body lengths are. A good time focus is like what we do with the breaststroke underwater sequence. Try to hold your streamline (without kicking) for about 3 full seconds. This should get you beyond the flags. Then if you are trying to do 4-8 underwater dolphin kicks, you will be much further down the pool before you do your first stroke! With a good breakout sequence (3 strokes/no breath in fly and free) we should be very close to the first swimmers to 20 yards in every race. But it won't happen in a race if **you don't do it in practice all the time!**

“You are braver than you believe, stronger than you seem and smarter than you think.”

- AA Milne



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Platinum/Alumni/YRHS Groups

By **Coach Stefan**

The senior group continues to rock! Your attendance is awesome, your work ethic is fantastic and your drive for improvements has the coaching staff inspired.

Now the question to be asked is; *how can we improve even further until our key competition in mid December?*

It's actually quite simple, starting today we must begin to fine tune every aspect of our practice routine. Be this doing mobility before each session, getting more sleep, hydrating properly (yes, water aint enough anymore), having a positive mental attitude, visualizing our races, supporting each other and executing every yard of every practice with purpose and thoughtfulness. *What does that mean?* A few examples of executing every practice with quality would be to start and finish every length of the pool properly, to leave on time (5" apart, not 2), and to be even more engaged and purposeful with our underwaters and breakouts. Staying on top of all practice focus points and doing them (and everything else) to the best of your ability, will make the biggest difference in a few weeks' time. If you can do this and keep your attention to the here and now, then I have no doubt that you will have a stunning shave and taper meet in December!

Four more weeks until our winter break, let's make these the best 4 weeks of the season thus far! #Committ #OneTeam #GoPST!

We succeed as a group, if we have people around us that care, that are positive, that keep themselves accountable, that want to push themselves and encourage and support the people around them.

Tyler Dacanay has exemplified a lot of those attributes over the last few weeks and months. She has a drive to get better, she keeps her lane and herself accountable and Tyler cares about the well being of her teammates. This is why I have chosen *Tyler* to be our **Senior Swimmer of the Month**. Well done and keep up the good work and the support you have given to your teammates; they and the coaching staff not just appreciate it, we find it inspiring.

Platinum Groups' attendance for the last 30 days as of 11/15/2023						
Pink	Green					Orange
Cole	Josie	Owen	Anna	Evan	Magnolia	Orion
Max	Quinn	Connor	Nathan	Kaleah	Charlotte	Vivie
Asher	Tyler	Allie	Gabe	Mizuki	Jiselle	Kate



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Baran	Cynthia	Zafar	Malia	Sam		Daniel
	Jonathan	Maya				Zayd
<i>On reduced schedule due to injuries: Brooke, Bella, Olivia, Abigail, Kelly</i>						
<p>Pink = 100% = amazing, just wow! Green = 80% - 99% = good job! Orange = 61% - 79% = okay; not great, not bad; just average! Red = 0% - 60% = not good, you need to do better!</p>						

“The strength of the team is each individual member. The strength of each member is the team.”

- Phil Jackson

Captain’s Corner

By **Josie Oesterer**

As we continue to dedicate ourselves to rigorous training and performance improvement, it's crucial to acknowledge the profound impact of a normal sleep schedule on our overall well-being and athletic ability. Sleep is a vital component in enhancing our mental and physical performance. While I might not adhere to a perfect sleep regimen myself, the importance of it cannot be neglected.

Our bodies undergo tremendous strain during tough practices. Quality sleep allows for optimal physical recovery by aiding in the repair of muscles, tissues, and overall body restoration. It helps to reduce the risk of injuries and enhances our endurance. Sleep plays a pivotal role in cognitive functions such as focus, decision-making, and reaction time. A well-rested mind can better absorb information from coaches, enabling us to refine our technique in the water and out. Consistent sleep patterns directly correlate with improved performance levels. Studies consistently show that athletes who prioritize sleep tend to achieve better results and display greater stamina during their activities.

So let's set some goals: aim for consistent sleep schedules, the longer the sleep the better. Such habits help regulate our body's internal clock, ensuring better sleep quality.

While adhering to these suggestions might pose challenges amidst busy schedules, it's imperative to recognize that rest is an essential component of our training regimen.

In the final weeks before winter break, let's commit to prioritizing our sleep schedules alongside our dedication to training!



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Become a Student of Our Sport

By this month's **Editor-in-Chief**

[It Will Get Better a Letter to One Year Ago Me](#)

Article By Emma Clare May UCONN Class of 2027

[Sprinting Into the 200 Yard Events](#)

Data driven article about elite level strategy in the 200 yard events.

Article by Daniel Takata

[Pre and Post Game Fuel For Kids](#)

Article by Dana Angelo White

[The Fun Integration Theory: Towards Sustaining Children and Adolescents Sport Participation](#)

Study done by the National Library of medicine on what kids find fun about sports

Study and article by J Phys ACT Health

“Success is the sum of small efforts, repeated day in and day out.”

- Rober Collier

Swim Meets

A quick primer on the different types and levels of swim meets that we attend.

The majority of the meets we attend are open to everyone on the team regardless of age or times. In Zone 2 (where we compete) these meets are called C/B/BB+ competitions. Different Zones use different designations (for example Zone 3 class them C/B/A+ meets) but they are the same.

Next are the meets with specific qualifying times. Some of these are:

Zone 2 Championships-Swimmer must have a minimum B time in each event they swim in the meet. We can use swimmers who have not achieved B times, but only in relays.

Age Group Championships (formerly Junior Olympics)-This set of meets (there are 3 throughout the year) have specific time standards and are limited to those swimmers **14 years old and younger**. These standards can be found on the Pacific Swimming website (pacswim.org) under the time standards tab.



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Senior Meets-There are two types of Senior Meet. Senior open is open to all swimmers **13 years old and older**. Anyone who is over the age of 13 can swim in these meets without having to meet specific time standards. 12 and younger swimmers can also compete, but they must have achieved the Senior 2 time standards (see pacswim.org)

Senior 2 meets have specific time standards for all competitors.

Far Western Championships take place in April (Short Course) and August (Long Course). Only those swimmers who meet the qualifying standards (see pacswim.org) can compete in the meet. This is the Premier Age Group meet on the west coast!

Sectional Championships are for those who have qualified regardless of age. These are regional Championship meets with their own qualifying standards. They are considered Senior meets in that anyone regardless of age who meets the qualifying standards can attend.

If you have any questions about what meets you or your child should attend, don't hesitate in asking your coach.

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Championships Qualifiers

** New Qualifiers*

Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
<i>Mizuki Williams</i>	Taylor Dacanay	Asher Takazawa	Asher Takazawa	Asher Takazawa		
<i>Allie Woo</i>	Abigail Jacoby	Cole Carnazzo	Cole Carnazzo	Cole Carnazzo		
<i>Magnolia Stoll</i>	Josie Oesterer	Owen Blanford	Owen Blanford	Owen Blanford		
Connor Carnazzo	Sydney Olson	Josie Oesterer	Josie Oesterer	Josie Oesterer		
Zafar Majid	Jiselle Souza	Charlotte Livermore	Jonathan Dong			
Cynthia Wu	Magnolia Stoll	Evan Byun	Nathan Judy			
Ben Rebro	Mizuki Williams	Zafar Majid	Sydney Olson			



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Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
	Allie Woo	Connor Carnazzo	Charlotte Livermore			
	Cynthia Wu	Nathan Judy	Sonja Ten Grotenhuis			
	Kate Mikami	Gabriel Reader	Evan Byun			
	Sonja Ten Gortenhuis					
	Charlotte Livermore					
	Cole Carnazzo					
	Owen Blanford					
	Asher Takazawa					
	Connor Carnazzo					
	Evan Byun					
	Quinn Cook					
	Jonathan Dong					
	Nathan Judy					
	Zafar Majid					
	Gabriel Reader					

